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Express

Vol. 2, Number 5 | Minden, Ont., Wednesday, Feb. 8, 1978 | 15¢

This Week's Special...
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CHILDREN'S
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STEDMANS
MINDEN

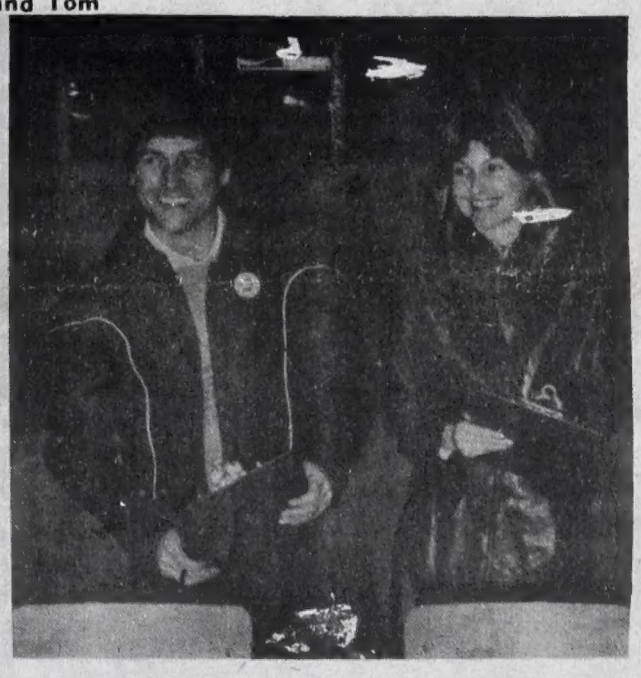
Snowarama and Carnival Weekend Wrap-up

The above seven riders in this year's "Snowarama for Timmy" collectively had pledges of $220.00 of the $14,217.00 raised by the combined Minden-Haliburton Snowarama's. Pictured left to right are Mike Morozuk, West Hill; Peter Bouchard, West Hill; Dave Dodd, Haliburton; Ken and Tom Bouchard, West Hill; John Peddle, Toronto and Dave Dodd Jr., Haliburton.

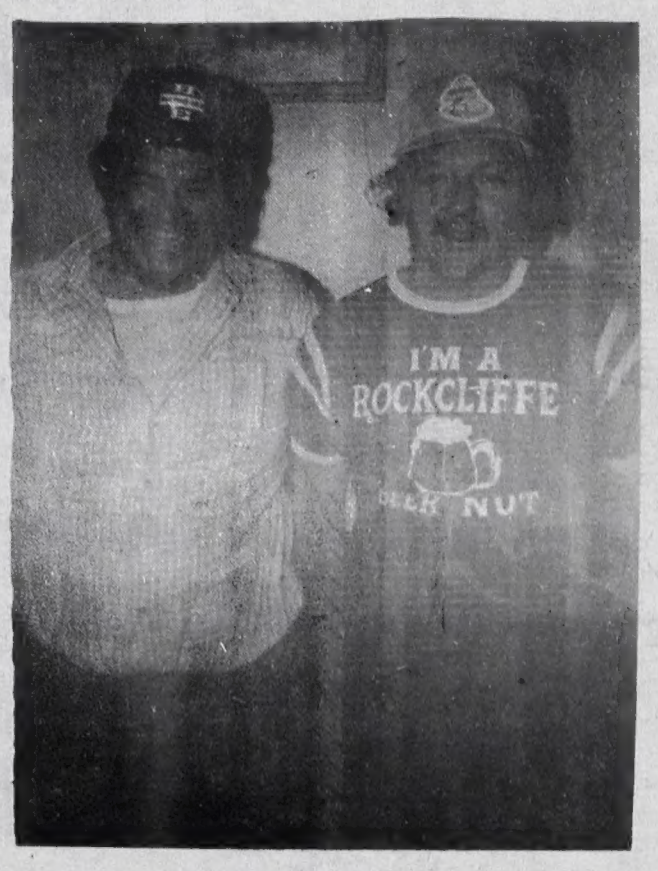
Kelly Beeny, left, was chosen 1978 Kinsmen Winter Carnival Senior Queen on Friday evening. Marie Madill was runner-up and Darlene Danilko finished third. Both the Junior and Senior Queens won many prizes for their victories.

Sixteen young ladies entered the Junior Queen contest over the weekend and the above three finished in first, second and third place. The Kinsmen Winter Carnival's 1978 Junior Queen s Teresa Trepanier, left, Erin McGuire, centre, was 1st princess and Lauri McKnight, 2nd princess.

SHOWDOWN was part of the Minden Kinsmen Winter Carnival last week and the above Tri County hockey players were winners in their age group to now advance to the Regional finals in March. Left to right, Dwain Warburton (12), Patrick Waite (15), Scott Nesbitt (7), John Wells (8) and Glen Hall (9).



MINDEN — Judges for the Minden Kinsmen Carnival Queen contests on the weekend were Brian and Karen Skinner of Toronto.



Above, two local men, Tom Prentice left and Jim Schlosser, drove in this past weekends races and did extremely well. Tom finished third in his class driving a Toyota and Jim finished first in a Datsun.

SECOND OF A SERIES —

Diet and Heart Disease

Of all the identified risk factors associated with heart disease and stroke, perhaps none causes more controversy than overweight and high blood fat levels and their relationship to heart disease, particularly insofar as dietary intake of cholesterol is concerned. Both overweight and high blood fat levels have been identified as risk factors in the course of several population studies, but the controversy arrises when the question of control of these problems is considered.

Those who favour restricting cholesterol intake by reducing the consumption of foods high in cholesterol feel that diets high in saturated fat and cholesterol result in high blood cholesterol levels and a high incidence of death from premature coronary heart disease. They feel that blood cholesterol levels can be lowered by modifying the diet and quote studies which suggest that lowering these levels in this way can prevent or delay the development of hardening of the arteries and coronary heart disease.

On the other hand, their opponents quote studies which suggest that the dietary intake of cholesterol may not be important to healthy people and thus, presumably, to the majority of the population. However, those who favour this approach also feel that restrictions on the consumption of foods high in cholesterol are only necessary for people who are predisposed toward hypercholesterolemia — excess of cholesterol in the blood.

However there is still a large area where agreement is general and this is evidenced by information contained in Canada's Food Guide, free diet pamphlets available from all Heart Foundations across Canada and the recent recommendations of the national Committee on Diet and Cardiovascular Disease as amended and adopted by the Department of National Health and Welfare.

The Canadian Heart Foundations recommend moderate changes in eating habits with a view to reducing your risk of heart attack and stroke.

There are four major objectives:

1. To provide your daily needs for protein, vitamines, minerals and other nutrients.
2. To control calories and help you keep a desirable weight.
3. To lower your intake of excessive amounts of food containing cholestrol and saturated fat;
4. To ensure that more of the fat you eat is polyunsaturated and less of it is saturated.

To meet these objectives and reduce your risk of heart attack and stroke, your Heart Foundation recommends the folowing diet rules which can be adopted without drastic changes.

1. Eat more fish ,veal chicken and turkey and less beef, lamb, pork and ham.
2. Reduce egg yolk intake to three per week.
3. Use skim milk, ice milk and cheese made from skim milk.
4. Substitute margarine containing polyunsaturated fats and polyunsaturated vegetable oils for butter, lard and other solid fats.
5. For a nutritionally sound diet, use more vegetables, fruit, cereals and breads made with a minimum of saturated fat, such as whole wheat, rye and pumpernickel, etc.

The addition of an effective programme of physical activity would comprise an effective method of combatting obesity and reducing risk.

During 1978, your Heart Foundation will be cooperating with federal and provincial Departments of Health to promote risk reduction through well balanced diets embracing sound nutritional principles. Why not start you and your family now?

Snowarama for Timmy raises over $14,000 by 146 riders

MINDEN — 146 riders took to the trails on Sunday morning in Haliburton Counties third Snowarama for Timmy and raised $14,217.00 in aid of Crippled Children across the Province of Ontario.

Haliburton raised the most money on this year's Snowarama, led by Peter Curry of Haliburton with pledges totalling $1,013.00. The 67 riders amassed $7,704.50.

Minden raised $6,512.50 from 79 riders with Mr. B. E. Cowan of Hamilton carrying pledges totalling $500.00.

This year's Snowarama for Timmy was the best ever, with trails in excellent condition throughout the 100 kilometre ride which featured for the first time, a course that was entirely on land.

Many thanks must go out to the REACT people for their great assistance on their CB's monitoring the entire trip making sure every rider made it around the course safelv.

Now Canadian home insulation program extends eligibility

OTTAWA — The Canadian Home Insulation Program is a grant program set up in 1976 as an incentive to Canadians to insulate their homes to help conserve energy. The program reimbursed homeowners up to $350 on the cost of insulating their dwellings provided they were built prior to 1921. In a press release to be mailed later this week, the CHIP is to announce that this eligibility has been upped to 1946.

Anyone who has insulated their home since Sept. 1st, 1977 is eligible to receive a grant of two-thirds the cost of insulating their home up to a maximum of $350. This grant covers insulation only and not doors, storm windows, caulking, etc.

The Express contacted Mrs. Jeannie Decarie at Canadian Home Insulation, Ottawa and she said that the materials used to insulate the home must be accepted by the Central Mortgage and Housing Branch who after examination of the insulated house, supply the homeowner with a number needed for their application for reimbursement.

Mrs. Decarie went on to say that anyone who qualifies for reimbursement, and wishes the information kit, should call (514) 341-1511 collect.

Think small

by Jim Smith

The Tax Man Cometh

The tax man, as the saying goes, must love poor people — he's creating so many of them. This is one frightening — and true — example of how provincial tax collectors can cripple a small business.

A few years ago, a modest commercial printing company was audited by a provincial tax inspector who decided that he wasn't happy with the way the firm had collected sales taxes on its work. The firm had collected the right amount but not in the way the inspector liked so the inspector fined the company $5,000.

The printing company called in its lawyers and accountants who agreed that the ruling was unfair and could be overturned in court. But the legal bill would be $10,000 and the provincial government won't pay the expenses involved in appeals of tax rulings, even if the appeals are successful.

The firm gave in and paid the fine. But it also asked for — and received — written instructions outlining how the taxes should be collected. Since then, the firm has followed those instructions.

Recently, another tax inspector audited the firm's books and fined it for improper collection of provincial sales taxes. The inspector wanted the firm to collect taxes in the same way that it had been collecting taxes before it was forced to change!

Being naive in the ways of the tax department, the owner pulled out his written instructions from the first tax inspector. "That doesn't mean a thing," the new inspector said, flatly. "He's gone."

Obviously, it isn't easy being a Canadian taxpayer (though it is easier in Alberta where there is no provincial sales tax). The tax statutes have become so complicated that most people — from tax collectors to accountants — who deal with them don't really understand what they are all about. And Lord help the rest of us with no official training in tax matters.

The federal government has set up an appeal board which hears petitions from taxpayers who feel that they have been improperly assessed. But, for the most part, the provinces have not followed suit. A taxpayer who feels his provincial taxes are unfair must resort to the courts. And, even if he wins the case, the taxpayer is not able to recoup any of his expenses.

The Canadian Federation of Independent Business believes that every taxpayer should have ready access to a tax appeal board. And, if the appeal is successful, the taxpayer should be reimbursed by the provinces for the legal and accounting expenses incurred. As it stands right now, when your ship finally does come in, there's no assurance that it won't be docked by the provincial government.

Township of Lutterworth

NOTICE

1978 Dog Licenses are now on sale at the Municipal office.

Wayne Hughes,
CLERK-TREASURER

NOTICE

TOWNSHIP OF LUTTERWORTH

The regular meeting of the Council for the Corporation of the Township of Lutterworth will take place at the Municipal Office on Tuesday, February 14, 1978 at 7 p.m.

Wayne Hughes,
CLERK-TREASURER

DRINKING & DRIVING

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Minden and Dist. Horticultural Society planning trip to CNE

MINDEN — At the inaugural executive meeting of the newly formed Minden and District Horticultural Society, held at the home of president, Mrs. Elizabeth Carrell, many items of interest were floored.

First and foremost for those in Haliburton County who are unaware of who the executive is for the Society, they are: President, Mrs. Carrell, 1st vp Amos Brubacker, 2nd vp George Tipton, Secretary-Treasurer Irene Moore and directors, Cliff and Nernia Burke, Edna Tipton, Marg Lonsbury, Gwen Cox, Anne Hurtta, Pat Campbell, Bryan Sisson and Mabel Hewitt.

Mrs. Moore read some congratulatory letters from other horticultural societies in our district which is District 4, who wished the Minden group much success. She also read a letter from Mr. R. F. Gomme, Assistant Director of District 4, who stated that the Minden Society would be receiving a special membership grant of $200, one dollar for every member now in the Society. Another letter was read from Mr. C. Link, director of District 4 welcoming the Minden and District Society into the fold.

The executive then asked for ideas as to what projects they should involve themselves in this year. Brian Sisson then advised that the Council of Anson, Hindon and Minden had applied through the Young Canada Works Program for a grant to make baskets for trees or flowers to be placed on Main Street. He thought that perhaps the Canada Works Program could make the baskets and fill them with soil and then the horticultural society take them over and panit the proper trees or flowers in them. He cautioned the society to not count to heavily on this project because the whole thing hinged on AH&M receiving the grant.

Mr. Sisson went on to say that another possible project for consideration would be landscaping and flower beds at the front of the Community Centre and the auditorium.

There were many other topics brought up but had to shelved for the time being until the sewer construction and water lines plus paving is completed in town.

On Tuesday, Feb. 7 a general meeting is planned. At this meeting members will be given an invitation to travel to the CNE on Wednesday, March 1st to take in the annual Flower and Garden show. Anyone wishing to take this trip is welcome, members and non-members alike. If interested, please contact President Elizabeth Carrell at 286-2288 or Cliff Burke at 286-1318 for information on cost etc.

Bike riders forming local club

MINDEN — Some local motorcycle enthusiasts have decided to organize a bike club for Haliburton County.

David Dodd of Haliburton and Larry Hughes of Minden have already had meetings with many bikers to begin forming a club for the area.

The two men feel that disorganized bike riders similar to snowmobiling, cause ill feelings between riders landowners and believe that as an organized group it will promote safety and good public relations.

The group hopes the club will aid riders to enjoy both on and off road tours and is extending an open invitation to its next meeting being held in the Orange Hall, Haliburton at 2 p.m. on Saturday, Feb. 11.

February is Heart Fund Month!

Damages to $4950, 3 injured

MINDEN — Ontario Provincial Police report the following activities for the period of Jan. 30 to Feb. 5.

James C. Reynolds 24, of RR 3, Hastings was charged by Police with failing to share half the roadway when he was southbound on Hwy. 519 and collided with a car driven by William R. Irwin 31, of Thornton. The Irwin car was northbound on Hwy. 519 when the Reynolds car came around a curve in the northbound lane. Damage to the Irwin car was estimated at $1,400 while the Reynolds car received $850. Investigation by PC Al Rollins.

On Saturday, Elizabeth Pusnik 19, of Toronto was treated for a broken ankle and lacerations at Ross Memorial Hospital, Lindsay, when the snowmobile she was driving collided with another snowmobile driven by Kenneth J. Laursen 22, of Toornto. Pusnik was following Laursen on Gull Lake when Laursen stopped suddenly causing Pusnik to run into him. Damage to the two machines is estimated at $375 and charges are pending. Investigation by PC Jim Martin.

A single vehicle accident near Furnace Falls on Hwy. 503 caused some $1525 damage to a 1978 van. Paul D. Taylor 26, of Pickering was westbound towing a trailer when he entered a construction area and the trailer began to bounce and sway. Investigation by PC Jim Martin.

James Fenney 19, of Wilberforce has been charged by police with failing to display a permit when his 1972 snowmobile was involved in a collision on the Old Harcourt Rd. Fenny was eastbound, swerved to miss some other snowmobiles and struck an unattended parked pickup truck and caught fire. Fenny suffered minimal injuries in the mishap. Investigation by PC Weldon Popp.

Walter Gray 45 of Hespeler, suffered minor injuries when the snowmobile he was driving struck a bump on Boshkung Lake throwing him from the machine. Damage was estimated at $50. Investigation by PC Weldon Popp.

WEDNESDAY SMILE . . .

Our daughters have their Masters, our sons their Phd's, but dear old Dad is the only one that holds a J-O-B !

In the News

DR. HANNA HOLBORN GRAY, new president of the University of Chicago, is the first woman to head one of the nation's top private universities. She plans to follow thrifty principle of "doing more with less."

Canadian Comment

BY PETER WARD

OTTAWA—(SF)—We're a week away from the big economic conference here in the capital between Prime Minister Pierre Trudeau and the provincial premiers. Facts, figures and predictions which will face our political leaders are not very comforting.

There's almost universal agreement that Canada's economy is in the dangerous doldrums, with inflation back at us again, and the unemployed numbering themselves at close to a million. It also appears pretty obvious that the federal government must shoulder a lion's share of the blame for our present state, no matter how hard the PM tries to spread it around at his conference next week. He certainly can't appear in public to be at fault, particularly with an election expected within the next year.

The line we've been getting from the PM and from Finance Minister Jean Chretien is that things will get better if only we'll stop being so down in the dumps. Optimism will get us out of the slumps, they say.

No question that a change of attitude would help, but surely there must be reasons for any change of attitude. There aren't enough jobs in Canada because the private sector of our economy has been nervous about investing money for the past five o six years. That case o nervousness can be trace straight back to the mercu rial taxation policies prac ticed in Ottawa, which lef businessmen not knowin where they would be si months hence. Not onl have taxes shot out of sigh for business, but there ha been an ever-increasing re quirement from all level of government for busines to fill out forms and repor every action to govern ment at all levels. It use up an awful lot of energ finding your way throug the red tape.

In addition, the Trudea government has behave as though the tax resource of Canada were a bottom less pit and has spent tre mendous resources o redistributing income i Canada at the cost of pro ductive areas and produc tive people. In many case we've wasted our resources, and we are now paying the penalty. It's al very well to have the world's most generous un employment insurance system, to provide grant for ethnic dancing and t finance with tax payers dollars the activities of dis senting groups, but there are prices which must be paid for that sort of activi ty, and we're paying them.

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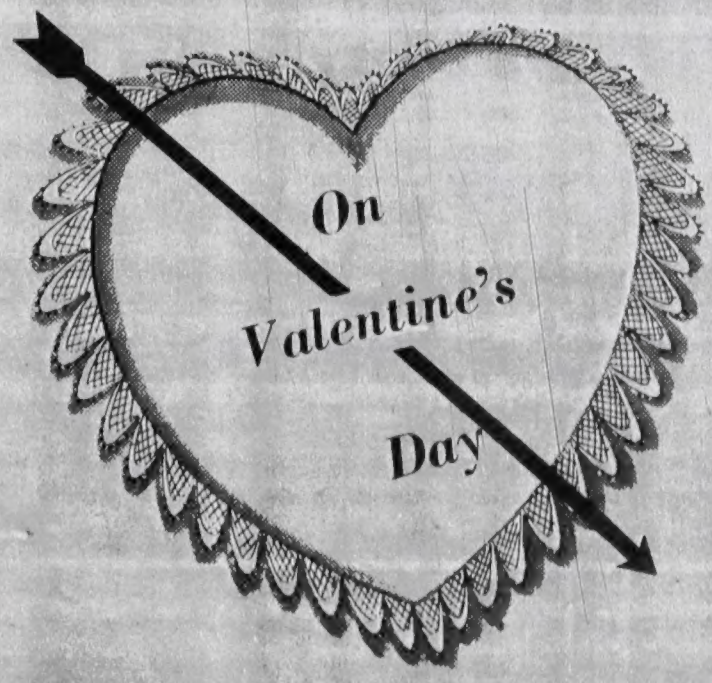

LET . . .

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MINDEN
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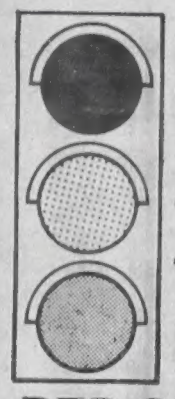
Report of Trail Conditions

Week of February 6

— Peterson Trail closed from Devil's Staircase to Elephant Lake. Should be passable by Feb. 15. Reason Ice storm causing brush to overhang trail.
— All other dryland routes to be groomed this week.
— Lakes are good with up to 12" ice reported.
— Slush, up to 8" but spotty. Lakes are still good.

Groomed trails just don't happen, join the HCSA!



STOP

THINK

Be a RED CROSS Blood Donor

Fast and furious action in the Consolation Final of the car races on ice at last weeks Winter Carnival. The cars return on Sunday for more exciting races.

Bill LeFeuvre captures feature ice race at Minden winter carnival

The Kinsmen Winter Carnival car races were a tremendous success last weekend with 63 cars taking part in two days of racing over a very fast track. Spectators got a first hand look at ice racing at its finest.

Winner of the feature race and the overall point winner for the two days was Bill LeFeuvre of Limehouse, Ont. driving a Volkswagon. Bill captured the Carling O'Keefe Trophy for his super performance.

Second in the feature was Walter Smith of Scarborough in a Mini and third was Carl Welbourn of Peterborough, driving a Honda. Peterborough Motor Sport Club sponsored the two day races and will again this Sunday, Feb. 12 when Minden will host another day of ice races.

MINI TAKES CONSOLATION FINAL

The Consolation Final last Sunday went to Peter Wright of Concord, Ont., in a Mini, winning in a close finish over two fine young lady drivers, Judy Ferchat of Port Credit in a Mini and Mary Laine Welbourn of Peterborough in a Honda.

The overall class winners at this meet were: Class 1: Ray Gregg of LeFroy in a Datsun; Class 2: Don McKnight of Toronto in a Isuzu; Class 3: Bill Burch of Mississauga in a Renault; Class 4: Bill LeFebuvre; Class 5: Walter Smith of Scarborough in a Mini and Class 6: Carl Welbourn

The studded tire feature race was again a highlight of the day as the cars reach much higher speeds. Bill LeFebuvre showed the field the rear of his VW winning easily. Second was Bill Burch and third Sy Langeraap of Peterborough in a Datsun 240Z.

There was also a local touch to last weeks races as Tom Prentice and Jim Schlosser of Minden competed. Tom finished in 7th place in the second race, 8th in the 8th race and turned in a third place finish for class 2 cars in the consolation final. Jim Schlosser finished ninth in both the second and eighth races but finished first in class 2 cars in the consolation final. Congratulations.

The new Minden and District Horticultural Society executive, left to right: Amos Brubaker, 1st vice-president; Elizabeth Carrell, president; George Tipton, 2nd vice-president and Irene Moore, secretary-treasurer.

SALE OF TIMBER

Under Section 2-1 (a)

THE CROWN TIMBER ACT

Tenders are invited for the purchase of fuelwood cut in log lengths and piled on Lot 20, Concession XII, Hindon Township.

Tenders are to be forwarded to the District Manager, Ministry of Natural Resources, Minden, Ontario, K0M 2K0, in sealed envelopes provided with the tender forms, and will be received up to and including Thursday, February 23, 1978 at 12:00 Noon E.S.T. Tenders received after this time will be returned.

Additional information and tender forms may be obtained from the Ministry of Natural Resources Office in Minden or Gooderham.

The lowest or any tender is not necessarily accepted.

Ontario Ministry of Natural Resources

Hon. Frank S. Miller
Minister

Dr. J.K. Reynolds
Deputy Minister

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SUBURBIA

"What I always wanted! An invisible diamond!"

John Francis Fuels of Minden and Gulf Oil of Canada Ltd., donated gas for this year's Snowarama. Above, John Francis centre, looks on as snowmobilers wait to fill them up

Brighter outlook for 1978

The economists don't agree on the specifics, but in general they do agree that 1978 is going to be better for the Canadian economy than 1977.

Recently published forecasts contain such economic good news as a more stable Canadian dollar, increased exports, and a higher real growth rate for the economy as a whole.

Real Growth: Finance Minister Jean Chrétien said he sees no reason to revise the government's forecast of a real growth rate of 5 per cent for 1978, in contrast to the predicted 2 to 3 per cent for 1977 as a whole. The 17 financial institutions surveyed by the Conference Board in Canada predicted a more moderate growth rate of 4.4 per cent for 1978. Spokesmen for the Bank of Montreal and Wood Gundy Limited estimated rates between 4 and 4 1/2 per cent. A panel of business leaders at the Metro Toronto Board of Trade's annual business outlook seminar in December predicted a 1978 real growth — after allowing for inflation — of about 4 per cent. In a recent survey of Western European nations, the United Nations revealed that only France, West Germany, Ireland and Norway could expect growth rates in excess of three per cent for 1978.

Inflation Rate: Predictions for 1978 ranged from the government's 6 per cent estimate to 7 per cent estimated by both Earl Bederman, economist with Canada Permanent Mortgage Corporation and by the Conference Board. Dr. John Grant, Woody Gundy Limited, predicted a 6.5 per cent inflation rate at the Alberta Economic Outlook Conference. Toronto economist J.J. Singer forecast an increase of about 8 per cent in the Consumer Price Index but was optimistic that the "implicit" price index — which measures all factors in the economy — would increase by only about 6.2 per cent. Gerald K. Bouey, Governor of the Bank of Canada, said "It is not unreasonable to suppose that we Canadians, if we act sensibly, can reduce our rate of inflation next year to roughly the same, or even a little lower rate, than that of the United States."

Employment: Earl Bederman, Canada Permanent Mortgage Board, predicted an unemployment rate of 8.3 per cent in 1978 in comparison with 8.1 per cent in 1977 — and 8 per cent in 1979. Singer predicted a growth in total employment of about 2 per cent or 175,000 jobs — about the same as for 1977. Bank Governor Bouey cautiously stated "It is not unreasonable to suppose that we can achieve a quite respectable increase in employment and in the physical volume of production in Canada."

Exports: Kirzner predicted that, depending on economic recoveries in the United States and other industrial nations, Canadian exports would rise by 4.7 per cent in real terms. William Mulholland, president of the Bank of Montreal, said Canada's exports should do moderately well in 1978 because of increased economic activity in the United States, Europe and Japan.

Thinking Slim

BY JEAN NIDETCH

When I was 72 pounds overweight, Valentine's Day meant just one thing to me: a two-pound box of chocolates which didn't last much more than one night.

And if my husband didn't buy it for me, that never prevented me from going out and getting it for myself. After all, the point was to take advantage of an opportunity to devour some luscious chocolate — — as well as to receive a token of love.

And what a token of love. Whoever proclaimed candy as proof of one's affection certainly didn't have those of us on a weight control program in mind.

Well, what should you do if a loved one decides to show his or her affection precisely that way on Valentine's Day?

The problem won't arise, of course, if they know that you are serious about losing weight. You can make that clear by sticking to your guns, bypassing temptation consistently, and by telling your mate right out, "I want to stick to this diet and I need you to help me."

If you give in more often than now and then, your sweetheart may decide that a box of cream and cherry centers would really make you happy on February 14.

He or she should first know by your actions that candy is the last thing you want. And if there's any doubt about it, say well in advance, "You know, dear, if you're planning to get me anything on Valentine's Day, I'd love one rose, or a ruffly greeting card — — or, best of all, a hug and a kiss."

After all, what's the best way of showing love? Certainly, little gifts are pleasant to receive and I'd be the last to deny it.

But love, after all, is something worth far more than material gifts and tokens. And when we show it openly and warmly, we give — — and get — — more happiness and pleasure surely than anything else.

I can't think of anything nicer on Valentine's Day than having a loved one approach with a smile, a hug and a kiss, and the words, "I love you."

And do you know what's just as nice? Being the one to do the approaching After all, love is a two-way thing. Go ahead and share it.

Family Physician

BY DR. JAMES G. PRICE

Q. Can you give me any advice on the best way to treat the burns that seem to occur from time to time in ordinary kitchen work?

A. Burn treatment has changed in the last few years, with the biggest difference being that we now cool the injured tissue by soaking it in ice water or by applying cloths to the burned area which have been dipped into a pan of ice water. Cooling the burned area has been shown to decrease the amount of tissue damage done, and it should be continued until when the cloths are removed, the burn no longer builds up heat and feels hot. Then — — and only then — — should any ointment be applied, and I believe the best thing to use is plain vaseline. Using butter, grease or a first aid burn ointment at the outset of the burn really won't give as good results as the cooling treatment I've just described.

Q. I have three children and it seems as though one or another of them is always getting a scratched or a tiny cut. Do they need a tetanus booster for each one of these minor injuries?

A. If you've kept up with the recommended immunization schedule, they don't need boosters for each little cut or scratch. Your children should have had the original series of DPT (Diphtheria-Tetanus-Pertussis) at two, four and six months, with booster at 18 months and again before entering school. After this, a booster every five to six years will take care of the situation unless they should have a large grossly contaminated wound. In this case the doctor might wish to give another booster or human tetanus antitoxin as added protection.

Q. What is the best thing to do for a sprained ankle? I get different answers when asking whether or not to use hot or cold applications.

A. Immediate application of cold are indicated, since this will help to minimize the swelling which results from bleeding of the torn ligament ends. In addition an elastic wrap will help as will elevating the ankle and staying off of it. After 24 or 36 hours when the internal bleeding has stopped, warm soaks may be used to help in the absorption of the bleeding that did take place. An easy way to remember this is that when you cut your finger, you hold it under cold running water to stop the bleeding.

The principle's the same, even if you can't actually see the blood. Remember, a severe sprain may not hurt until enough bleeding has taken place to build up some pressure and this may take several hours. Walking (or continuing to play basketball) after the sprain will only increase the amount of swelling which will have to be absorbed. I'm convinced that continuing to use a freshly sprained ankle or putting it in hot water will at least double the time it takes for a person to recover from this injury. If you stop to think about it, all the pro football teams put injured ankles in ice right on the bench.

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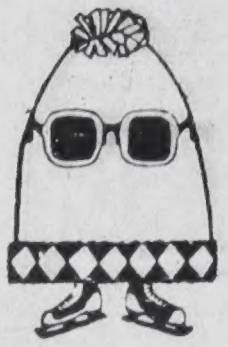

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WELCOME TO THE ROTARY CARNIVAL
Prentice Roads
Hwy. 35 South of Minden
SKIDOO SALES & SERVICE
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Haliburton Pharmacy
Owned and operated by Jack Austin Drugs
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GOOD LUCK to participants from
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Oak St., Haliburton
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LaRue Motor Sales Ltd.
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(At the bridge.)
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Hwy. 121, Haliburton
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WELCOME visitors to Haliburton
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Friday 6 a.m.
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Sunday at 9 a.m.
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Beaconbrook Motor Hotel
Nightly Entertainment
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TOQUEPIC RETURNS TO THE HIGHLANDS

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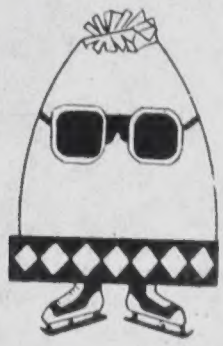
NIVAL

DAYS FEB. 17, 18, 19



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- ✳ **Snowmobile Races**
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36 units, saunas, groomed ski trails.
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For all your rental needs
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Two 8" covers

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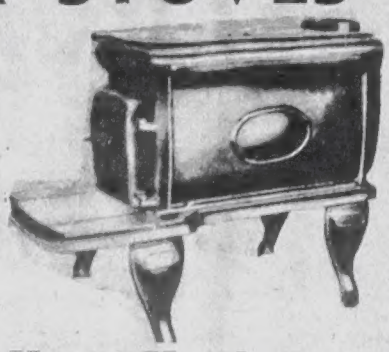


Minden Home Hardware

MAIN ST., MINDEN

Running low on gas

by Richard Charles

Do you know how much gasoline we use each year? About 10 billion gallons – that's over 400 gallons for each man, woman and child in Canada – and we could probably pour one or two billion gallons down the drain for all the good they do us.

Can you picture all the oil wells, refineries, pipelines, tankers, tank trucks and filling stations it takes to deliver this ocean of gasoline to us, and the energy used in doing it? But, despite the price, which is steadily creeping up toward the world level of $1.50 a gallon, we use and waste more gasoline each year, and no one can be sure how soon the wells will run dry.

Ideally, we should all be driving cars that give at least 50 miles to the gallon. But, as these will not serve everyone's needs, we can at least see that our cars use as little fuel as possible by keeping them in top mechanical shape.

The Champion Spark Plug Company carried out some tests which showed that almost half of the cars in the Toronto and Montreal areas were badly maintained and wasted fuel, polluted the air excessively or otherwise performed badly. They said that the fuel efficiency of cars could be improved by an average of 9 per cent. They reduced one car's fuel consumption by 55 per cent.

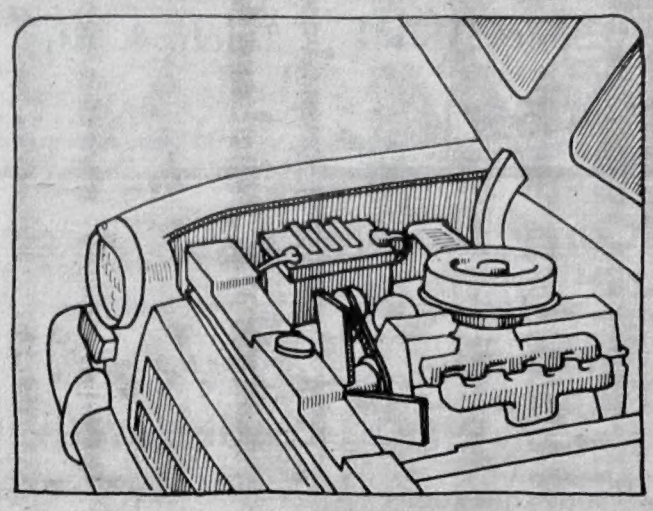
The Office of Energy Conservation, Department of Energy, Mines and Resources, estimates that good car maintenance increases fuel economy by 15 per cent over a poorly maintained car. They explain proper maintenance fully in a publication called **The Car Mileage Book**, which is available free if you write to Box 3500, Station C, Ottawa, Ontario, K1Y 4G1.

Winters are especially hard on cars. The book recommends a major tune-up in the fall to help make your car last longer and save on fuel. This involves a thorough check to rectify any faults in the following items:

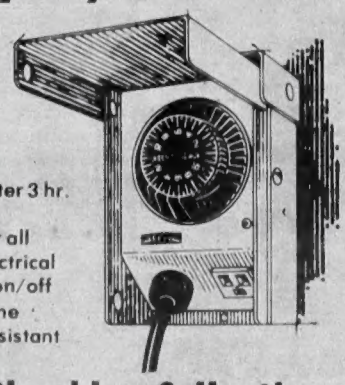
- **fuel system** – carburetor, air cleaner, fuel lines, fuel filter, emission controls;
- **ignition system** – spark plugs, ignition leads, coil, distributor (or leads and insulators on electronic ignition), timing;
- **cooling system** – radiator, hoses, thermostat, coolant (replace it each year);
- **oil** – change oil usually every 2,000 or 3,000 miles, and replace oil filter at every other oil change;
- **mechanical** – heat riser valve, control linkages, compression, motor mountings;
- **electrical** – alternator, voltage regulator, battery, starter, blockheater;
- **exhaust system** – look for weakened spots in muffler and all pipes;
- **drive train** – transmission, transmission linkage, differential fluid;
- **undercarriage** – drive shaft, shocks, steering linkage; also for lubrication and wheel-bearing repack instructions, see your owner's manual;
- **brakes** – linings, master cylinder, parking brake.

If salt is used on the winter roads where you drive, have your car rustproofed, but insist on a guarantee; or have the underside of your car sprayed with used motor oil before or during winter. Also, if possible, wash the underside of your car at a do-it-yourself car wash, and pay special attention to the places where salt and dirt collect.

Whether you are a do-it-yourselfer or not, you can pick up a lot of useful information about cars and their upkeep in **The Car Mileage book**.



On display now...



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"For One-Stop Complete Car Care"

ELECTRONIC TUNE-UPS

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Sports action

Minden outclassed Sunderland

MINDEN — The opener of the league play-off championship betwen Walker's Midgets and Sunderland was a real thriller down at the Centre on Thursday evening as Minden downed the undefeated team 8-3.

Sunderland had gone through league play with a 12 win four tie no loss season, while Minden sported a 11 win, three tie, two loss record, including a 2-2 tie and 6-2 loss to Sunderland.

It looked like Sunderland was going to keep their fine season's record in tact at the Centre, when they jumped into a 3-0 lead at the 4:13 mark of the second period. Sunderland scored their first goal with just 11 seconds left in the first period, when Chuck Hetterington came out of the penalty box during a Minden line-charge and went in and scored unassisted. Hetterington and Brian Snodden made it 3-0 early in the second, both on sloppy defensive clearing by Minden.

However, the whole complexion of the game changed when Trent McElwain and a Sunderland player were penalized for roughing. Fifteen seconds later Garry Harrison scored from Tim Davies and Danny Allison and the rout was on. Brian Shaw scored two with a minute to tie the game at 3-3 before the two penalized players returned.

By this time Minden had taken over the game completely. Tim Davies scored the winner at 13:49 of the period, unassisted. The third period saw Minden outscore Sunderland 4-0 and outshoot them 15-6.

Brian Shaw scored twice to give him four on the night while singles went to Jim Hakoski and Dave Shapiera. Tim Davies assisted on all four giving him five points for the evening.

Minden outshot Sunderland 43-23 and the referees, who by the way officiated a fine game, handed out 32 minutes in penalties, 20 to Sunderland, 12 of those in the third period when the game was out of reach.

Three stars of the game were Brian Shaw, Tim Davies and Terry Harrison. Terry played perhaps his finest game on defense this season continuing to clear Sunderland players out of the slot or tying them up so they couldn't score. Bailey Hamilton also came up with a supurb performance between the pipes, having no chance on any of the three goals that beat him.

Jadek Bantams split play-off with Woodville, lose 3,1, win 5,3

MINDEN — Playoff jitters, who knows, but the Minden Jadek Sport Bantams opened their best three out of five playoff series with Woodville at the Centre on Thursday evening and came away with a 3-1 loss. The entire team, with the exception of goaltender Terry Crowe, played their worst game at the Centre this season. Maybe it was over confidence as they had defeated this Woodville squad on three separate occasions during the season with 3-0, 3-0 and 6-4.

Scott Arbuthnot put Minden in front 1-0 at the 6:18 mark of the first period only to have Woodville's Wayne Simpson tie the game just over two minutes later. The game remained 1-1 until Kevin Martin took a pass from Woodville's excellent young defencemen Tom Thornbury to put Woodville up 2-1. They iced the victory with 11 seconds left, with Minden playing with an extra attacker, Thornbury icing the puck, found the net for a final 3-1 win.

The two teams went at it again in Woodville on Saturday evening and although the Jadek boys didn't play a whole lot better than in the opener, did manage to squeak out a 5-3 victory and tie the series at 1 each.

Harold Porter and Scott Arbuthnot scored twice for Minden while Shawn Chapman notched a single. The two teams went at it again on Monday in Minden and again on Thursday at 8 p.m. at the Centre.

Midgets lose 6-5, series now tied

SUNDERLAND — In a roughly played hockey game in Sunderland on Saturday evening, Walker's Midgets blew a 3-0 lead to lose 6-5 to Sunderland and tie their best three out of five league championship playoff series, at one apiece.

Minden had earlier defeated this fine Sunderland team 8-3 at the Centre on Thursday, their first defeat of the season.

In Sunderland, Brian Shaw put on another super performance for Minden, scoring once and set up four others. Paul White took passes from Shaw to score twice while singles went to T. Davies and G. Harrison.

The two teams go at it again Monday evening in Sunderland and then return to the Centre on Saturday, game time 8 p.m.

Carling Classic Zone finals

Carling's O'Keefe Classic 210 and under tournament results are now final for Carnarvon Lanes. The following bowlers will now advance to Zone Finals in Fenelon Falls on Sunday, Feb. 12 in two shifts starting at 10 a.m. and 1:30 p.m.

Bowlers on the morning shift are Fred Cox, Gord Darby, Allan Graham, Albert Cox, Barb Allison, Carl Schellenberg, Lorna Hicks, Jim Wilson, George Wilson and Don Hicks. The remainder on the afternoon shift: Carl Holmstrom, Carolyn Leonard, Marnie Robinson, Debbie Harding, Peggy Brown, Fran Woods, Doug Leonard, Bob Elliott, Harold Sawyer & Joan Hatkoski.

Winners of the Classic in Fenelon will then advance to the Provincial championships at Motor City Bowl in Oshawa on March 11th.

?? Ask Alma

Dear Alma,I'm desperate. There are two Bobs in my life. I'd really like to go out with Bob number 1, but he's in the process of a divorce. We can only meet at the coffee shop for breakfast.

Then, there's Bob number 2. The first time we dated, no fireworks occurred. I gave it a second try and asked number 2 to accompany me on an all- day buying spree for my business. Dinner was cozy that evening; the midnight boat ride which followed was even better.

Number 2 turned out to be much better than I expected but I equally enjoy number 1's company. What if number 1 sees me with number 2? I live in a small town and I don't believe in polygamy. — Barb, Eastern Shore.

Dear Barb, Polygamy is a state of having more than one wife. Polyandry is a state of having more than one husband. Neither applies here. You are describing a state of confusion.

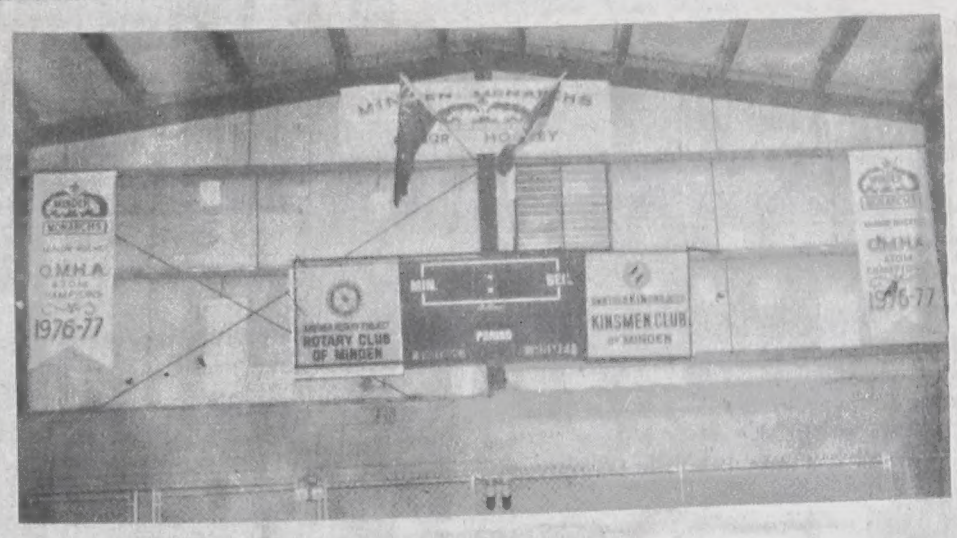
A man you have to see on the fly (something fishy here) is not worth taking yourself out of circulation for. Enjoy dating number 2 and keep your relationship with number 1 cool until he's off the hook.

My sixth sense tells me you have a long wait.

Dear Alma,No matter how much I yell at him, my teen-age son always plays his stereo at a deafening level. (I yell because he can't hear me otherwise.) This is causing bad feelings between us. What can I do? — Going Deaf.

Dear Going Deaf

Treat him (and yourself) to a good set of earphones and insist that he use them. If that fails, cut the plug off his stereo. He can easily replace it, but the experience should be a powerful reminder.



Minden's Community Centre brightened up on the weekend with the installation of these three banners at the north end. Flanking each side of thetimeclock are two OMHA Atom Champion banners our lads won last season and over the clock is the Minden Monarch Minor Hockey banner.

HOWIE MEEKER HOCKEY TIPS

(c) COPYRIGHT - 1977 TORONTO SUN SYNDICATE

HOCKEY STICKS

Again, until the boy has mastered the basics of stickhandling and passing, I think he should use a straight or "centre" blade — not one that is curved for left or right hand shooting. Having said that, I've satisfied my conscience. If you can get your boy to use a straight blade, please write and tell me how you did it. We can't sell, in fact, can't give-away straight sticks at my hockey schools. I bought six dozen lie 7 four years ago. I finally got rid of them this summer after we applied the torch to the blade and curved or hooked the toe. In fact, the sticks I've designed for Victoriaville are hooked. We've tried to keep the blade straight for six to eight inches and then violently hook the toe. We will explain why when we get to shooting. However, a straight blade is best to learn the puckhandling skills. You deserve a pat on the back if you can get your son to use one. You should also stay away from blades with curved or rockered bottom edges until the boy is old and experienced enough to determine if these special blades are of any advantage to him. I am often asked, "What is the best stick on the market for a boy?" Well, there are so many sold nationally along with the number sold on just a regional basis, that I really don't know. All I can suggest is to find the manufacturer that makes the highest lie and buy the best boy's stick in that line. It has been my experience that some manufacturers of boys' sticks put an adult-sized handle — one with the same degree of flex bend — on a small blade in their top line of youths' sticks. This is a serious handicap. I am not convinced that the handle is too thick for small hands to grip, but combined with oversized gloves with thick palms, it does become difficult. Generally, the adult-sized handle is so stiff that it lacks personality and feeling and has no flexibility, but that's another ball of wax. More on the hockey stick next week.

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Large selection of records and tapes for ALL types of music.

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★ Just three miles west of Haliburton Village;
★ From 2 to 8 acre wooded lots;
★ Excellent Privacy;
★ Hydro Services on property.

For Further Information Call —

BRANT STAMP

Days 457-2380 Nights 754-2744

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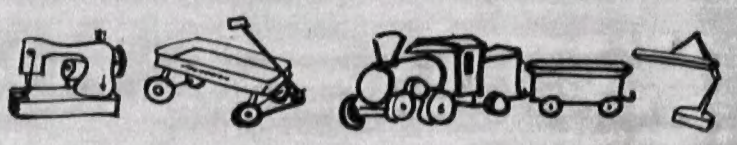
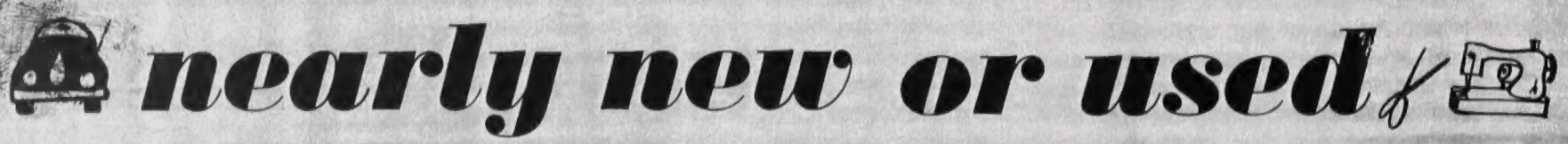
The Highlands Express **ACTION AD** *is here!*

Sell your new 

nearly new or used 

etc., etc.

WITH AN "ACTION AD" IN THE EXPRESS.

Try it now and get 1 ad FREE!

2 ACTION ADS for only $1.00

Fill out the forms below, include $1.00 and send to: The Express, RR 2, Minden K0M 2K0

Your ACTION AD will appear for 4 WEEKS at NO ADDITIONAL CHARGE! (All commercial ads will carry borders at regular weekly prices.)

Please place my "ACTION AD" in The Express. Enclosed is $1.00 for my TWO ads.

Name .....

Address .....

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AD TO READ:

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Be sure to put your name or telephone number in your ad also. Maximum words, 15.

Please place my FREE "ACTION AD" in The Express. Tear out both coupons and send to The Express, RR 2, Minden, K0M 2K0

Name .....

Address .....

Postal Code .....

FREE AD TO READ:

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Be sure to put your name or telephone number in your ad also. Maximum words, 15.

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McGUIRE TIRE Sales Ltd. Dealer for General, Michelin, Sumitomo and Brigestone.

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All tires mounted and balanced. Oil changes and grease jobs.

Main St., Haliburton, Ont. (behind the Red & White)
Phone 457-1258
Evenings 489-2667

It was mighty nice of the neighbor to lend us our mower so we could cut the lawn at least once.

1974 Ford ½ ton pickup, good condition, apply at Black's Pro Hardware 457 1402. Can finance. After 7 p.m., 457-2434. (5-2c

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Top line McClary Washer Dryer pair. Regular $858 NOW $758. Save $100.00! Three sets only. (5-2c
Black's "PRO" Hardware
Furniture & Appliances
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MINDEN
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Coming Events

Stanhope Recreation Committee
VALENTINE DANCE
February 11 at 9 p.m.
Firefighters' Hall
North Shore Road
$10 per couple
— BUFFET LUNCH —
(4-2c

How to get the most from Winter Business
—Seminar & Workshop—
Thursday, Feb. 16, 1978 at Haliburton Legion.
Cocktails 6.30-7.30 p.m.; Dinner 7.30-8.30 p.m.; — Workshop 8.30-10 p.m.
Guest speakers will attend. $5 per person, call 286-1760 for tickets and information. You can't afford not to attend! (5-2c

The only bad thing about working nights is that the neighbor insists on running his rotary mower days.

SERVICES

SNOWPLOWING
Haliburton area only! Reasonable rates, fast service. First plowing complimentary. Call 457-1011. (5tfn

HIAB log loader and two tandem trucks ready to haul. Call 457-1011. (5tfn

No, Gwendolyn, "Peat Moss" isn't the name of our gardener.

JUST FOR YOU!

A new home, a used home,
a new car, a used car—
You Can Find It All In
The Classified Columns
Of The Highlands Express

Pickup reduced to scrap

MINER'S BAY — Ed Mansfield 32, of Minden saw his 1976 Ford pickup truck reduced to nothing more than scrap metal last Friday when it caught fire and burned

The mishap occured on the Davis Lake Rd. about 100 yards from Hwy. 35. Mr. Mansfield had parked the truck on the side of the road and upon returning he went to start it when it backfired, quit, and caught fire. Provincial Constable Gary Chapman happened to be going by when he noticed the smoke and pulled in to help. The fire extinguisher he carried in the cruiser was of little help and they both had to stand there and watch it burn. The whole incident took exactly 14 minutes.

The truck caught fire at 3:09 p.m. and when the Minden Fire Department arrived at 3:28 there was nothing they could do, as the only thing left was the box that wasn't burned. Damage to the vehicle which is a total write-off is estimated at over $3000.

HOW TO GET THE MOST FROM WINTER BUSINESS

SEMINAR & WORKSHOP

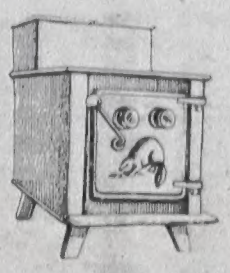
Thursday, February 16, 1978 — Haliburton Legion

Cocktails 6.30-7.30 p.m.; Dinner 7.30-8.30 p.m.;
Workshop 8.30-10 p.m.

Guest Speakers:
Vern Telford, Industry and Tourism;
John Moskwa, Ont. Federation of Snowmobile Clubs; and
Bob Stinson, Haliburton Chamber of Commerce.
$5 per person

CALL 286-1760 FOR TICKETS & INFORMATION
You can't afford not to attend!

The Canadian Stepstove



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Jim Garbutt ENTERPRISES
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clearance sale prices on new Bolens snow removal equipment

- Three walk-behind snowthrower models (5, 6 & 8 hp) 24" or 26" auger widths.
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- Trade-ins accepted.

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Phone 489-2489
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3 phase electric equipment
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USE

ROTARY PHASE GENERATOR
Operate 1 or several electric motors or other 3 phase apparatus
*Dependable *Versatile *Economical
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• REBUILDING
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Ownership Ban Ends

Health Minister Dennis Timbrell recently rejected a plan which would have prohibited doctors from owning their own medical labs in Ontario.

In 1972, legislation was enacted which gave the province the power to pass regulations to control lab ownership as well as other aspects of lab activities.

Two years ago when abuses of lab billings to OHIP became a controversy in the legislature, opposition parties criticised the government for not having acted on the issue.

The recent rejection of the plan is not expected to alter the ownership of existing medical labs in the Haliburton area, although it may encourage new ones to open.

The lab in the Medical Centre in Haliburton is owned by "Medical Data Sciences Health Group" which is privately owned by stock holders.

Dr. Lodenquai, who is opening a clinic in Minden next May, said that even though he could now own a lab, he has no immediate plans for opening one.

Doctors offices, however, are not the only possible future location for lab testing facilities to assist in the detection and reduction of disease. Through the Canada Works program a number of Pharmacies have been sponsoring blood testing services in areas where medical labs are not readily available.

Juveniles even series at 1-1

CANNINGTON —The playoff series between Minden's Vasey Juveniles and Cannington is tied at one each. Cannington surprised our lads to the tune of 10-5 on Friday evening at the Centre, when at the end of two periods they led 8-1.

The two teams took to the ice in Cannington on Sunday evening and it was a different story. Minden completely dominated play from start to finish, scoring an easy 6-1 win.

Brian Shaw led the Minden attack with the hat trick while Dave Brown, just back from a separated shoulder, scored twice. Tim Bain had the other Minden goal. The two teams return to the Centre for the deciding game in the best two out of three series this Friday evening, game time 8:30 p.m.

Sunbeam Shoes H-L doubles

The Zone round of the Sunbeam Shoes High Low Doubles tournament will take place in Fenelon Falls on Sunday, Feb. 12. Two shifts will play, one at 10 a.m., the other at 1:30 p.m.

The three Houses in the 1000 Lakes Bowlers Association have combined to send 31 teams to the Zone round, of which one couple will advance to the Provincial championships in April at Sudbury.

Following are the shift times for the 11 teams from Carnarvon: 10 a.m., Don Hicks and Doug P. Robinson; Pearl Foster and Mary Coltman; Lil Gorveatt and Bernice Gillies; Wally Crofts and Earl Schellenberg; Walter Ackerblade and Fred Cox and Marie Reynolds and Betty O'Brien.

1:30 p.m., Ray Patchett and Glen Abbott; Graham Brown and Herman Bosley; Annie Griffin and Allan Graham; Ev Stata and Ethel Gainforth and George Wilson and Marlene Cook. Good luck to all teams, may the best team win!

Samantha READS YOUR STARS

If you were born this week: You are interested in justice and harmony and have a knack for diplomacy and peacemaking. Beauty attracts you, as do the arts, and you're very creative in your own field. You hesitate to commit yourself either to people or to long-range plans because you cherish your freedom.

ARIES (3-21—4-19): There's a bit of the prima donna in you Aries my dear. Just make sure that it stays only 'a bit,' or you'll be giving your performance to an empty hall.

TAURUS (4-20—5-20): You have several obstacles to clear this week, Taurus, not the least of which is coping with your own divided mind. Later, it's party time, and Cupid is the guest of honor. It's hearts and flowers all the way, baby.

GEMINI (5-21—6-20): Good vibes boogie through your week, Gem. And, with Venus sitting on your shoulder, love affairs simply sizzle. Later, too many cooks can spoil the soup, and cluttered decks cause confusion. Get busy and clear 'em. Week ends on key of D.

MOONCHILD (6-21—7-22): Friendly persuasion may be entirely logical, Moonbeam, but somehow, it just doesn't click with you. Trust your instinct, even if it means tossing logic out the window. Romance puts stars in your eyes.

LEO (7-23—8-22): You may move in fits and starts this week, Leo, as unexpected events cause sudden changes in your game plan. Be flexible and be ready to grab opportunity as it flits by. Don't forget to plant a kiss on your favorite Valentine, too. Days come to whirlwind finale, baby.

VIRGO (8-23—9-22): You make an advancement this week, Virgo, though you're really not sure that that's what it is. Showcase your talents and you'll make even greater strides. As Sam always says, if you've got it, flaunt it. And you've got it.

LIBRA (9-23—10-23): There's a four letter word on this week's agenda, Libby, and it's spelled W-O-R-K. I know you've been having a blast, but while you've been fiddling, Rome has begun to fall apart.

SCORPIO (10-24—11-22): Days get off to a flirty start as Cupid hits a bullseye. Then, though outside matters beckon, you'll do well to pay attention to domestic activities, Scorp. When you take a close look, you may well be surprised.

SAGITTARIUS (11-23—12-21): Unless you read the fine print in week ahead, you could come a cropper, Saj. I'm referring not only to written material, but also to expressions, gestures, and nuances. Be wily and outwit the fox. Week ends subtly.

CAPRICORN (12-22—1-19): There's a little bit of the rebel in all of us, Cappy, including you. Don't try to deny or hide your point of view. First and foremost, be yourself, sweetheart.

AQUARIUS (1-20—2-19): Happiness is getting your birthday wish, Aquarius. And you possess all the inspiration, know-how, and ingenuity to help it come true. We both know that the genii of wishes can sometimes use a helping hand!

PISCES (2-20—3-20): Use your intuition this week, Pisces. Don't let it sit around collecting dust! You can gather gold stars to add to your crown, and a lot of lovin' besides! Latter days, you'll definitely learn more by listening than by talking. That way, too, you won't be telling any secrets!

4 Steps to Stardom ends

The 4 Steps to Stardom Zone qualifing rounded ended at Carnarvon on the weekend and the following youngsters in the YBC Junior and Senior divisions will now advance to the Zone Finals at Fenelon in singles and Oshawa in team play.

Top junior bowlers in the four week eight game roll-offs are Ann Everall and Jeff Stamp. The two seniors who will represent Carnarvon Lanes Youth Program will be Cathy Darby and Mike Hatkoski. These four youngsters will bowl in Fenelon on Sunday Feb. 19, the juniors at 12 noon and the seniors at 2.

Representing Carnarvon in team competition are senior boys lead by team captain Scott Arbuthnot, Sean Harrison, Shane Blakey, Richard Lichty and Brent Moxam. These boys will be bowling at Motor City, Oshawa on Sunday, Feb. 26 at 11 a.m.

Modern Electric takes series

CARNARVON — The second series of the Men's Commercial league at Carnarvon Lanes is now history and Modern Electric has joined the first series winner, Minden Progress in this year's 'A' playoffs. The third and final series gets underway next week with Peterborough Lumber, Ingoldsby, NorPhoto and Rockcliffe Hotel battling it out for the final spot in the 'A' series. The three that fail to make it, will then play for the Consolation or 'B' championship.

Modern Electric picked up 17 of a possible 21 points last Wednesday evening in winning the series with a total of 156 points. Minden Progress finished second with 149 (they also picked up 17 pts.), third was Peterborough Lumber with 142 (13 pts.) fourth Rockcliffe Hotel 137½ (11½ pts.), fifth Ingoldsby 129 (13 pts.) and sixth NorPhoto 96½ (9½ pts.).

The third series should be a battle down to the wire between Peterborough Lumber and Rockcliffe Hotel. Bob Robinson, Fred Cox, Cliff Burke, Albert Cox, Jim Wilson and JohnSaunders make up the Lumber team while Gord Everall, Carl Holmstrom, Bert Cowen, Ian Coltman, Wayne Coltman and Ken Sawyer combine talents for the Hotelmen.

Top individual performers last Wednesday were: Wes Stata 781; Graham Brown 741; Bill Walker 718.

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